PARABODY INC.

ARM CURL ATTACHMENT
886

PRODUCT ASSEMBLY INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY

- RATCHET
- 9/16 INCH SOCKET or WRENCH

REVISION: A

If you experience any problem with the assembly of this product, please contact your dealer or your PARABODY Customer Service Representative at:

1-800-328-9714

886 ARM CURL ATTACHMENT ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

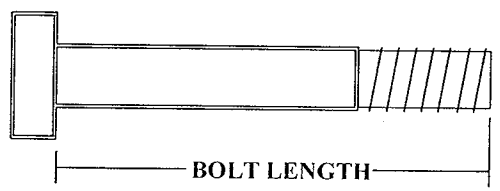
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 1-1/4 IN. BOLT	2
2.	3/8 IN. LOCK WASHER	2
3.	3/8 IN. WASHER	2

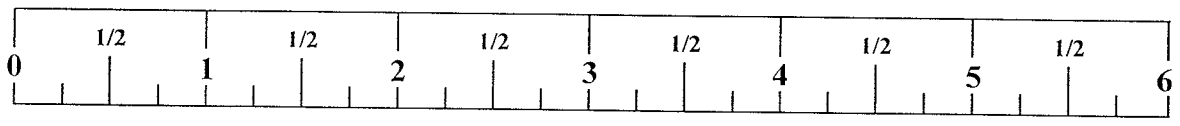
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	ARM CURL FRAME	**(6418501)**	1
2.	ARM PAD	**(6418901)**	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



886 ARM CURL ATTACHMENT ASSEMBLY INSTRUCTIONS

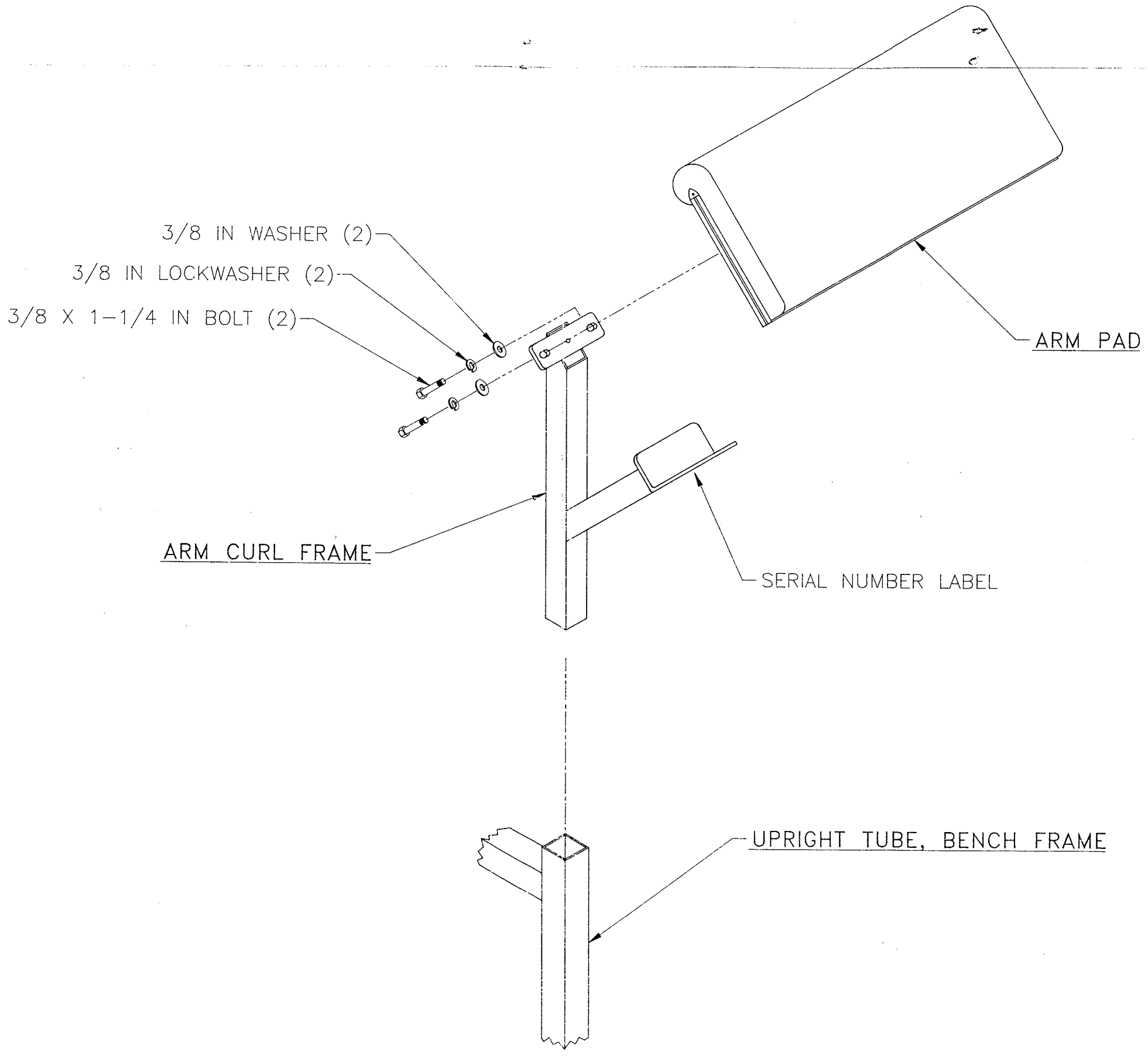
THANK YOU: FOR PURCHASING THE **ARM CURL ATTACHMENT**. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

1. **SECURELY** assemble the **ARM PAD** to the **ARM CURL FRAME** as shown on drawing, using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.

2. Insert the **ARM CURL ATTACHMENT** into the **UPRIGHT TUBE** of the **BENCH FRAME** as shown on drawing , and tighten in place using the THUMBSCREW.

DASH NO	DESCRIPTION
01	AS SHOWN

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE	2297	DMT	3/94
B	SHOW SERIAL # LABEL			
C	CHG APPEARANCE OF ANGLE	2340	MGH	6/94



TOLERANCES (EXCEPT AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA					
DECIMAL ~	TITLE: ASSY INST, ARM CURL ATTACHMENT					
FRACTIONAL ~	SCALE 1/4	SIZE D	DRAWING NO. 64194			
ANGULAR ~	SHEET 1 OF 1					
	DR JWE	4/94	CHK'D DMT	3/94	APP'D DMT	3/94